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INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
DECEMBER 7, 1938 (WEDNESDAY)

WASHINGTON, D. C.

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THE MARKET BASKET

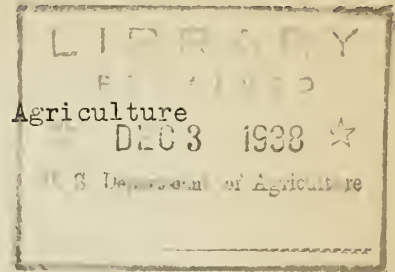
by

Bureau of Home Economics, U. S. Department of Agriculture

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TIME TO CHECK VITAMIN D

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Winter, with its short and dark days and its usual supply of fog and smoke, is here in earnest. And with it comes a need for extra consideration for the supply of vitamin D, the vitamin that plays its part in good development of bones and teeth, and in the prevention of rickets in children.

Only a few foods naturally contain this vitamin in important quantities. Many foods, however, and also the human skin, contain small quantities of certain wax-like substances which are changed into vitamin D by the ultra violet rays of the sun. On winter days we cannot count on sunshine to form vitamin D by irradiation of body surfaces. With the exception of our southern states, what little sunshine there is on winter days is poorly supplied with vitamin-building ultra violet rays. Such rays as there are do not pass through fog, smoke, or ordinary window glass.

Aside from the vitamin D that is produced in the body there are only a few excellent sources--fish liver oils, and egg yolk if the hens have had a diet high in vitamin D. Any egg yolk, however, is a good source, as are butter, salmon, and sardines. And liver, cream, whole milk and oysters contain a little of this vitamin.

With so few chances to supply enough vitamin D in foods that are used in the diet of the infant and young child, it is not surprising that nutrition experts



of the Bureau of Home Economics now recommend that "every child under two years of age should have 2 teaspoons of cod-liver oil, or an equivalent amount of vitamin D from some other source daily, except when exposed to the direct rays of the summer sun. It is desirable for many children to continue taking cod-liver oil at least in the winter throughout childhood, to assure a good bone and tooth structure."

Expectant and nursing mothers, as well as children, require a liberal supply of vitamin D, both for their own protection and that of the infants. New cavities in teeth are not a necessary experience of the expectant and nursing mother, as was formerly thought. Damage to the teeth is believed to be an evidence that the diet was lacking in one of the three principal bone-building essentials--calcium--phosphorus--vitamin D. But as in other periods of life, there may be other causes of tooth decay.

No amount of vitamin D can build bones and teeth in a child's body, without the help of the "building stone" materials, calcium and phosphorus. Plenty of milk is essential to supply these minerals. And a diet well-balanced in all respects--plenty of fruits, fresh vegetables, and eggs, as well as cereals and meats--is always a boost toward the desired goal of buoyant health through childhood and on into adult life.

Vitamin D enables the body to make the best use of the calcium and phosphorus supplied in food, by aiding the absorption of these minerals from the digested food in the intestine. The blood accordingly carries more building materials to the bones, and a harder, more healthy bone structure is formed.

Nutrition specialists usually make their recommendations for adding vitamin D to the diet in terms of cod-liver oil. Cod-liver oil, the oldest known remedy for rickets, still remains the cheapest and most easily secured, reliable source of vitamin D in the diet.



America imports nearly all (about 95 percent) of the cod-liver oil it uses, and nearly 6 million gallons came into the country last year.

Since most of this cod-liver oil comes in large shipments, often as much as 1,000 barrels, a large amount of the nation's vitamin D supply readily comes under the surveillance of the Food and Drug Administration of the U. S. Government.

Cod-liver oil shipments are tested in Government laboratories while the oil is held at the port of entry. If the samples of oil fail to meet the Government standard of 85 U.S.P (United States Pharmacopeia) or international units of vitamin D per gram (about 300 units to the teaspoon) the shipment must be exported, or destroyed.

Cod-liver oil is not entitled to the name "cod-liver oil" unless it meets this standard, according to Dr. E. M. Nelson, chief of the vitamin division of the Food and Drug Administration. Shippers and manufacturers as a rule "play safe" and most of the cod-liver oil accepted for distribution in this country contains more than the required number of units per gram. On the average, this acceptable oil contains at least 350 U.S.P. or international units in each teaspoonful.

Government standards have been established for two other types of vitamin D preparations, viosterol and cod-liver oil emulsions. Viosterol must contain at least 10,000 U.S.P. or international units of vitamin D per gram (36,000 units per teaspoon), and cod-liver oil emulsions must be at least half cod-liver oil. Viosterol is prescribed in drops, and 5 drops daily is all that is usually needed to prevent development of rickets.

But the Government does not stop with preparations for which there are legal standards, in safeguarding the nation's vitamin D supply. All vitamin D preparations must live up to the claims on their labels, whenever these claims are expressed in units or in "dosages".



Testing samples of cod-liver oil, and other preparations and foods for their vitamin D content, is a slow process, although the time required has been officially shortened from 10 to 7 days during the past year. Only biological tests can be used for vitamin D, that is, the food must actually be fed to animals to see how it makes their bones grow. White rats are generally used because scientists have reason to believe that rats respond to vitamin D in almost exactly the same way that human beings do.

Chemists are now developing short-cut processes for measuring the very minute quantities of some of the other vitamins in foods. A satisfactory chemical method of measuring vitamin C, for instance, has been in use for some time. But so far, there are no prospects for any of these hurry-up tests for vitamin D. For one reason, vitamin D is present in such very minute quantities, even in the so-called "rich" sources.

Vitamin D is being added to natural and commercially produced foods, in various ways. Sometimes D is added by irradiation, that is, exposing the food to the rays of an ultra-violet lamp. Sometimes a concentrated form of vitamin D is added directly to the food. Or irradiated yeast or other very potent sources of vitamin D are fed to cows to make their milk richer in the vitamin.

Vitamin D milk, enriched with the vitamin in various ways, is one of a few of these products sufficiently standardized so that it may be labeled as containing a definite number of units to the quart. Irradiated milk contains 135 U.S.P. or international units per quart and some other forms of vitamin D enriched milk, 400 units. The number of units should be stated on the bottle label.

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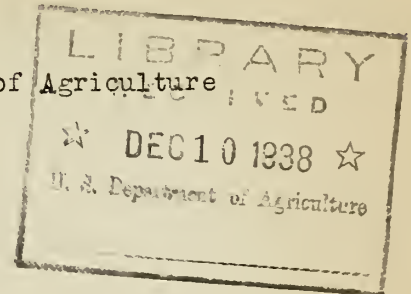
RELEASE FOR PUBLICATION
DECEMBER 14, 1938

WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture



GIFTS FROM THE KITCHEN

Up and down aisles of holiday glitter many a shopper goes--looking, considering, buying,--trying to get something to please each person on her list. And often it is that, even after weeks of diligent searching, she finds herself with several names left over, and no ideas.

When a shopper finds herself in such a quandary, the answer to her problem sometimes is right at home in the kitchen--on the spice shelf, in the flour bin, and the sugar canister. In these and equally prosaic places she finds the makings of gifts that show her holiday good wishes in the time and care she gives to their preparation.

For families in which the homemaker has a limited time to devote to cooking, these home-made dainties are some of the most welcome of all gifts. A jar of jelly or preserves, a batch of cookies, a fruit cake, or a plum pudding are old-time favorites. Other kitchen-manufactured presents might be salted, roasted nuts, glaze nuts, candied fruits, candies, mincemeat, maybe a jar of canned pumpkin.

Nuts, salted and roasted at home, may be a gift in themselves or included as a flavor contrast in a box of cookies or candy. Peanuts, almonds, and filberts are best made crisp in deep fat. Persian (English) walnuts, pecans, and hickory nuts cannot stand such high temperatures, but they may be heated slightly in oil or butter in a frying pan, then salted. Peanuts may also be roasted in a slow oven.

So may sweet almonds, sometimes called burnt almonds.

When "roasting" nuts by any of these methods, do only one kind at a time, because some kinds cook more rapidly than others. Also have nuts as nearly the same size as possible, because large nuts naturally cook more slowly than the smaller ones.

To crisp nuts in deep fat, heat about 1 quart of fresh cooking oil in a deep kettle. The Bureau of Home Economics, in a recent test of various fats adapted to the deep fat frying of potato chips, found that oils are more satisfactory for this purpose than lards. And of the oils tested, peanut oil ranked as most desirable, cottonseed and corn oils next.

One quart of cooking oil is enough for one-half pound of blanched almonds, raw peanuts, or filberts--all weighed after shelling. This amount of oil will not all be used, of course. The oil that remains may be kept cold and used another time. Heat the oil to about 300° F., or until a cube of bread browns in 5 or 6 minutes.

Roast the nuts by lowering them into the hot fat in a wire basket that is deep enough to prevent them floating over the top. Try out a few nuts at first to find the time that is required to get them just right. Roast the nuts only until they are a light brown. They will continue cooking for a few minutes after they are removed from the fat. Spread the nuts on absorbent paper, pat them gently with paper to remove excess fat, and sprinkle with salt.

Halves of pecans, Persian (English) walnuts, or hickory nuts may be salted in much the same way. But they are heated in a small frying pan over low heat. And they need just enough oil or butter to cover the surface of the nuts. They must be stirred until they are hot, then drained on absorbent paper.

Sweet almonds and peanuts may be roasted with their skins on by spreading them out in a baking pan, heating them in a slow oven (300° F.), and stirring them occasionally.

Another gift from the kitchen, one of the most colorful of all, is jelly



or marmalade. These are so universally popular that some women plan months ahead to make enough for Christmas giving--either putting up the jelly when the fruit is in season or canning the juices to be made up later. For those who have not been so foresighted the cranberries, apples, and citrus fruits in season now make excellent raw material.

For marmalades, citrus fruits are especially desirable because of their flavor and pectin content. Now, of course, is the season of orange and grapefruit abundance. And this year crops of both these fruits probably will be the largest on record.

Cranberries, with their tart flavor, their high content of pectin and acid, rate ace-high among the jelly fruits. For gifts they may either be made up into the regulation jelly, into a cranberry sauce, or a raw cranberry relish, all pleasing accompaniments to the roast poultry served at holiday meals.

For cranberry relish wash and drain 1 pound of cranberries. Wash, cut in quarters, and remove the seeds of 1 orange. Grind the berries and orange, rind and all, through the food chopper, using the fine knife. Add 1 cup of sugar or strained honey and $\frac{1}{2}$ teaspoon of salt. This relish will keep for two or three weeks if stored in a tight jar in a cold place.

Sauce or jelly put up in several meal-sized portions is more satisfactory than the same amount put up in one large container. The smaller jars are more attractive to serve, because then there may be a fresh mold for each meal. Cranberry jelly left standing from meal to meal often "weeps" or gets watery. A gift of jelly or marmalade will be doubly practical if put up in attractive glasses that may be used for other purposes when the jelly is gone.

Other timely kitchen gifts are sweets of all kinds--cookies, fruit cakes, plum puddings, candies. If these are sent through the mails, the problem is to wrap them so they arrive in good shape. Cookies that are wafer thin and crumbly should never be sent far, for it is impossible to keep them whole. For other sweets,



waxed paper and airtight tin containers are necessary to give enough protection against crushing and drying.

In foods cooked with honey, drying out will be no problem. For honey has a special power--the ability to absorb and retain moisture. There are many recipes that have been worked out with honey as an ingredient. And in others, honey may be substituted for part of the sirup or sugar.

In quick-bread and cake recipes honey may be substituted cup for cup for sugar. But the liquid will need to be reduced. For medium thick honey, if substituted for all the sugar in the recipe, reduce the liquid one-half. If honey is substituted for only half the sugar, reduce the liquid one-fourth.

Following is a recipe for drop cookies worked out with honey as an ingredient:

Cream $1/4$ cup butter. Mix 1 beaten egg with $3/4$ cup honey and 2 table-spoons of milk. To 2 cups sifted flour, 2 teaspoons of baking powder, and $1/2$ teaspoon salt, add 1 cup chopped nuts, $1/2$ cup chopped dates or other dried fruit, and $1/2$ cup chopped candied citron or pineapple. Then add the nuts and dry ingredients alternately with the liquid mixture to the butter. Drop by small spoonfuls on a greased baking sheet and bake in a moderately hot oven (375° F.) for about 10 minutes.

INFORMATION FOR THE PRESS

United States Department of Agriculture

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RELEASE FOR PUBLICATION
DECEMBER 21, 1938 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

TURKEY QUESTIONNAIRE

DEC 17 1938

U. S. Department of Agriculture

Friendly candles are gleaming at windows. Lights are twinkling on evergreens. Pungent odors are floating out from the kitchen. One of the closets upstairs is serving as a substation for Santa Claus. There is much subdued rustling and crackling of paper wrappings. In short, it's Christmas time.

Or to say it another way, it's the time of year that good cheer, good company, and good food abound. It's time for a turkey dinner with all the trimmings -- savory stuffing, giblet gravy, and cranberry sauce.

This year, those who are having turkey for holiday meals are in luck -- as far as the market is concerned. For the turkey crop this year is larger than it was last. And prices this season have been in the "reasonable" class all along.

Since turkey for dinner is only a once or twice a year occurrence in many families, homemakers may want to brush up the high points of selection, cooking, and carving. For them the following turkey questionnaire answered by poultry specialists and home economists in the U. S. Department of Agriculture may be helpful.

Selection

Q. What are the main things to look for when buying a turkey to roast?

A. First, find if the bird is young or old. That will make a difference in the way it is to be cooked. Next, if the turkey is to be served at the table,



see that it is of good shape, free from deformities such as a crooked breast or backbone that will detract from its good looks and make it hard to carve.

Third, see that the quality of the turkey is as good as may be expected for the price. Turkey quality shows up in a well-fleshed, well-rounded body, a good coating of fat in the skin, few blemishes, and few pinfeathers.

On many markets, especially in large cities, government graded turkeys are available. Of these, turkeys graded U. S. Prime are the best and of course usually sell at higher prices. U. S. Choice are not quite such good quality, but are good usable turkeys. U. S. Commercial is the lowest grade, disposed of at low-priced outlets.

Q. What size of a bird should be bought for any given number of persons?

A. Allow $3/4$ to 1 pound for each person to be served. That's as the bird is weighed when it is bought, undrawn with head and feet attached. A 15-pound turkey will make 20 generous servings. Tom turkeys usually weigh at least 14 pounds and up to 25 pounds or more. Hen turkeys are smaller, from 7 to 15 pounds usually.

Roasting

Q. In what sort of a pan should a turkey be roasted?

A. For young turkeys, use an ordinary dripping pan with a rack in the bottom. Do not cover. In such a roaster any steam that forms may go off into the air and not stay inside to draw juices from the turkey and make it dry. For older turkeys and some younger ones that are not well-fattened, use a roaster that can be covered -- all or part of the time. Less tender birds need the help of steam to soften connective tissue.

Q. How long and at what temperature should turkey be roasted?

A. Cook turkey at a moderate temperature. Recent experiments show that keeping the temperature constant throughout the cooking gives a finished turkey that's cooked evenly. And the meat and the skin of the bird cooked this way do not dry out.



Best oven temperatures for roasting turkeys are around 300° F. Use a little more heat in the oven (about 325° F.) for smaller birds, and less, around 275° F. for larger. A young turkey weighing over 10 and under 14 pounds, market weight, will probably require 3 to 3-1/2 hours to cook at 300° F. (Market weight, of course means picked but not drawn, and including head and feet.)

Q. How often should a turkey be turned and how may this be done without breaking the skin?

A. Turn a turkey cooked in an open roaster about every half hour. Turn it from side to side and occasionally on its back. Baste with pan drippings at each turning. To turn without breaking the skin pick the turkey up by the neck and legs using several folds of soft clean cloth as a "holder".

Q. How do you know when a turkey is done?

A. Run a steel skewer or a cooking fork into the thickest part of the breast and also into the thigh next to the breast. If the meat is tender and the juice doesn't look red, the turkey is roasted enough.

Carving

Q. Should the person who carves the turkey sit or stand?

A. This isn't a question of etiquette -- just personal preference and convenience. Usually a short person prefers to stand.

Q. What dishes and silver are needed for carving?

A. There should be a long-bladed carving knife, sharp as possible, and a two-tined carving fork. The platter for the turkey should be large enough to hold the turkey and allow a "safety zone" around the edge. There needs also to be an extra plate for the legs, wings, and thighs after they are carved, waiting until the white meat is ready to serve. Or if the turkey is carved on a very large silver tray this second plate will be unnecessary.



Q. What and where is the "oyster" or turkey tenderloin?

A. This small oval of exceptionally delicious dark meat lies in the hollow of the back, in front of the hip socket joint.

Final turkey question comes under none of the heads of selection, carving, or roasting, but has an important bearing on all three -- "what's being done now to improve turkeys from the production standpoint?"

One of the answers is that poultry scientists of the United States Department of Agriculture since 1934 have been carrying on experiments, breeding for turkeys that will fit modern ovens. And they're trying to get a turkey that'll have, among other things, more white meat, a longer keel bone, a more compact body, and short legs. The scientists report that they are progressing towards their goal, but it probably will be a few years before these new "streamlined" turkeys are on the market.

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INFORMATION FOR THE PRESS

United States Department of Agriculture

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RELEASE FOR PUBLICATION
DECEMBER 28, 1938 (WEDNESDAY)

WASHINGTON, D.C. 1938

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

"I RESOLVE"---HOMEMAKER STYLE

When it comes to making New Year's resolutions there are those who do and those who don't, the believers and the skeptics. Of the believers there are the wavering and the steadfast, those who resolve and fall by the wayside, and those who resolve and hold to the straight and narrow. Among the skeptics those who keep resolutions without making them, outnumber those content to drift with the wind.

But in the end, all these groups add up to one. They are all members of the great class of folks who are not quite satisfied with what they made of their lives, their efforts, and their money during the past year.

And so, for American homemakers who feel they would like to make a fresh start in 1939, here is a set of New Year's resolutions, drawn up by the Bureau of Home Economics, in the U. S. Department of Agriculture.

"I RESOLVE-----"

TO MAKE A SPENDING PLAN. No list of New Year's resolutions would be complete without the mention of the family budget---a plan designed to help get the most good from every dollar the family has to spend. The best spending plans grow out of the family council, when the good of the whole group comes first, and individual wishes have a place. Let the homemaker, who knows the family needs

and finances best, be the starter for a group plan that will give the family a boost toward a more satisfactory year.

TO PLAN THE FAMILY DIET. A weekly shopping list---a set of menus to match---a systematic tour of the markets---will do much for the health, wealth, and general welfare of any family. Make weekly plans, and in these plans remember the mottoes of good nutrition. Among them are, "at least a pint of milk daily for every member of the family, preferably a quart for children" or "four or more servings of vegetables and fruits daily"---at least one of the vegetables, should be leafy green or yellow--"tomatoes or citrus fruits several times a week," "eggs, almost daily for small children, several times a week for adults."

TO PLAN THE FAMILY HOME PRODUCED FOOD. (Designed especially for rural homemakers). Agriculture is a way of living that enables the farm family to have good table fare, including many of the so-called "protective" foods, milk, butter, green and yellow vegetables, fruits and eggs, for a small cash outlay. The home produced food plan has its place in the family earning-spending-saving scheme, and no part of it should be left to chance. The garden and the orchard should furnish fresh vegetables and fruits throughout the growing season, and the canned goods shelf should offer variety for the winter meals. The farm family can practically always have its own milk and eggs, while the meat production depends more on range space, feed supply, and type of farming.

TO READ THE LABELS ON FOODS. Read the labels to know what you buy, don't guess. Judge how much you are getting by net weight or by volume, not by the size of the package. When buying eggs, notice whether the cartons are sealed with certificates of quality that show the size, grade, and date of grading. And whether butter has been "scored" for its flavor, color, salt, and "body." When you are buying fresh meat, look for the "little purple stamp" to make sure it has passed U. S. government inspection, and is wholesome.

Labels on canned goods are also most profitable reading matter. Sometimes they tell you how many servings to expect, or you can read this in the net weight of the contents. Watch for the grade as an index of quality. "A" or "fancy" means the top in appearance and freedom from blemish; "B" or "choice" comes next; and "C" or "standard" is good food. And whether "A" or "C" is the best buy for you, depends partly on your pocketbook, and partly on the use to which the canned goods will be put. You may want "A" corn to serve as a side dish, while "C" may be the best buy for cream-of-corn soup.

Buy groceries that tell you just what you can expect to find beneath the cover. More and more foods are coming to market with labels that are real "windows" to show you exactly what you are getting.

TO BE AN HONEST COOK. The family pays for the food you prepare; feed it to the family, not to the garbage can or the kitchen sink. Peel potatoes and other vegetables and fruits "tissue-thin". Or even better, bake or steam in their jackets. When boiling vegetables use no more water than necessary so you can serve the soaked out minerals and vitamins in the gravy or in soup. And save the oil from canned salmon for its valuable vitamin D.

TO MAKE MY KITCHEN A BETTER WORKSHOP. Waste motion, unnecessary retracing of steps, stooping, and reaching in the kitchen, steal energies that belong to the real homemaking job. Study your kitchen. Be your own efficiency expert. Are the equipment and utensils grouped into work centers? Are the vegetable brush, colander, and paring knife within easy reach of the kitchen sink? Can you mix a cake or get a pie ready for the oven without moving from the worktable? Do you work progressively "around" the kitchen, or are you constantly criss-crossing the room? Your worktable is the correct height if you can flatten your palms upon it while in an easy standing position; the tips of your knuckles should just touch the "floor" of your kitchen sink.

TO KEEP HANDY TOOLS IN HANDY PLACES. Some of the most helpful tools cost very little. Among the handiest is the rubber scraper, a "gypper" to the small boy because it cheats him out of his scrapin's from the cake mixing bowl. And there are small brushes that fit nicely into teapot spouts and other illusive corners. Kitchen scissors are "quicker" for cutting marshmallows, candied or dried fruits, and for snipping out the centers of grapefruit. The new peelers with broad handles pare at lightning speed and wafer thin. The newer type rotary sieves are much more efficient than the older spoon models. Fraction cups, bought in "nests", do a neat job of measuring shortening. If there are any better right-hand assistants to the homemaker than a well-shaped sharp paring knife and an accurate measuring cup, it is two sets of them---two or more---one within easy reach of each work center.

TO SIT AT WORK WHENEVER POSSIBLE. Kitchen stools with backs come in correct heights for different work surfaces. Ironing boards are now being made with adjustable heights for sitting and standing. Vegetables may be prepared and batters mixed from a comfortable kitchen chair or stool with a back.

TO MAKE THE FAMILY MEAL A HAPPY OCCASION. Dinner time is the family social hour in many a home. The food is a symbol of the family's well-being, let it be offered at its simple best, well chosen, well prepared, well served. But in this connection the food is only a symbol, while the family gathering is an occasion worthy of the best homemaking effort.

